

Rainbow Tai Chi Taster Session

Liverton Village Hall

Tuesday October 3rd at 7.00 to 8.30 pm

On Tuesday 3rd October you can join a taster session of Rainbow Tai Chi in the village hall in Liverton.

Rainbow Tai Chi is suitable for all ages and all levels of fitness and can help you to relax and let go of stress, worries, pain and more. You will learn a set of simple exercises that are like tools that help you to find peace, acceptance and ultimately happiness inside yourself.

Providing there is enough interest at the end of the first class, we will continue with weekly classes on every Tuesday evening, 7-8.30 pm, for 10 weeks. Price is £5 for a drop-in and £35 for a 10-week program.

For more information and enrolment email: liza.disselhorst@gmail.com or call 07729018434.